

## **Abstract:**

**Title:**Influence of drugs from the group SYSADOA for knee osteoarthritis

**Objectives:**The aim of the thesis is to evaluate the effect of three months use of drugs from the group SASADOA on subjective perception of the difficulties associated with knee osteoarthritis and to determine the intensity of gonarthrosis progression in connection with knee cartilage width.

**Methods:**For the study 18 probands were obtained from rehabilitation and orthopedic institutions in Prague. The criterion for recruitment was knee joint osteoarthritis of II. degree. For all participants there was conducted input kinesiology analysis and clinical examination, patient's medical history and filled in WOMAC questionnaire. All participants were sent for an X-ray of the knee. Group of probands was randomly divided into two groups. An experimental group was taking Proenzi 3 plus, a control group was taking placebo. Both groups were taking medications for 12 weeks. After this time the probands arrived to check-up and second filling in of the WOMAC questionnaire. The experimental group that had been taking Proenzi 3 plus received placebo for additional 12 weeks, the control group received Proenzi 3 Plus. After finishing preparations all probands were invited to the last visit where they underwent follow-up examination, the third filling in of WOMAC questionnaire and they were sent to the second X-ray.

**Results:**The results of joint space width measurements by the X-ray showed a structure-modifying effect of drugs from the group SYSADOA on knee joint cartilage in terms of slowing the osteoarthritis progression. Experimental group recorded within six months only a minimal change of cartilage width, while the control group recorded statistically significant loss of knee joint cartilage. Subjective evaluation of functional problems was improved in both tested groups. In the experimental group there was statistically significant improvement of daily activities parameter, the control group showed a statistically significant improvement of the parameter pain, stiffness, daily activities in at least one partial measurement. Given that this was a crossover study and SYSADOA have long term effect, it is difficult to evaluate the impact of a placebo effect on the evaluation of the problems.

**Key words:**gonarthrosis, SYSADOA, X-ray, WOMAC

